

NASA HEALTH PROMOTION AND WELLNESS COMMITTEE

Minutes for: December 13, 2004 ViTS

Welcome: Good afternoon. My name is Mae Hafizi. Welcome to the first ViTS for FY 2005.

Sections typed in red are new and useful information. They may also require feedback to our office. Please read the minutes with this in mind.

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input checked="" type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

Q&A:

1) As of yet, we have no update on HealthierFeds Challenge. The campaign ended on 12/10/04. We are in contact with OPM/DHHS in order to obtain final data and statistics.

2) Return to Flight has created feelings of excitement and anxiety. We need your collective ideas to tailor some health prevention and maintenance ideas for the EAP's to use with their clients as well as general information for the workforce. Forward your ideas and suggestions to us.

Topic: Update - Health Promotion Projects

Centers

Nutrition at Worksite and AHA's "Go Red For Women" (KSC)

Mae Hafizi

Kris Calderon will present during our next ViTS scheduled for March 3, 2005 at 1:30 EST.

Lifestyle Coaching (KSC)

Mae Hafizi

Mayo Clinic's Lifestyle Coaching (LSC) was implemented at KSC in June '04. LSC is a 6-month telephone based counseling program for behavior management and risk reduction. To date, 24/25 enrollments have been filled. The participants had their measurements taken and labs drawn at the start of the program with similar activities repeated at the end of the 6 month period. To date, informal survey of participants has ranked the program positively.

Smoking Cessation (Stennis and Michoud)

Mae Hafizi

The Program began in January '04. To date all 18 enrollments have been filled with a quit rate of 44%. As you recall this product/service is a 6-month telephone based smoking cessation program offered by Mayo Clinic. After 6 months and one year, the counselors call the participants for their quit status. --Participants have many stressors and reasons to relapse but if they have the will and the commitment, they can re-establish.-- Quitline is an individually driven program. Our strong success rate (national is about 20% and ours is 44%) could be due to prescreening by the EAPS at MAF and SSC. They did a good job of selecting a group of highly motivated people. Because our resources were limited the targeted approach seemed appropriate.

Treating Tobacco Use and Dependence

Summary: The effectiveness of counseling increases with treatment intensity which is measured in minutes of contact. Counseling can be in the form of group, individual and proactive telephonic.

<http://www.surgeongeneral.gov/tobacco/smokesum.htm>

"There is a strong dose-response relation between the intensity of tobacco dependence counseling and its effectiveness. Treatments involving person-to-person contact (via individual, group, or proactive telephone counseling) are consistently effective, and their effectiveness increases with treatment intensity (e.g., minutes of contact)."

FreshStart (GRC)

Bonne Haupt

FreshStart is an ACS program that is based on group intervention and support. We will not compare this program with Quitline because they are completely different.

FreshStart includes 4 one hour sessions. The focus is group support and therapy. Maximum participants at each group session should be held to 15. To date the success rate for FreshStart at GRC is at 38%. Once again, as with Quitline, above national standards.

Women's Heart Advantage (KSC)

Mae Hafizi

If you recall, over a year ago we introduced Women's Heart Advantage. A community outreach program by VHA. VHA is an affiliation of 2200 non for profit health care organizations across the US. We provided you with a list of the nearest participating VHA hospital. KSC and their local VHA hospital member worked closely on this program. As a result, the clinic personnel received an in-house training by the ED Physician and are now making better efforts to educate women regarding CVD. As a follow up to the Women's Heart Advantage, KSC OH is working closely with the local American Heart to bring their "Go Red For Women" Campaign to KSC on Feb 4th, 2005.

<http://www.nhlbi.nih.gov/health/hearttruth/wrd/index.htm>

Pneumococcal vaccine (JSC)

Sandra Amundson

JSC OMC PNEUMOCOCCAL VACCINE

Eligible:

- Adults ≥ 65 years of age
- Adults with chronic illness, such as heart disease, lung conditions, and diabetes
- Adults with conditions that lower resistance to infection, such as receiving cancer treatment or immunosuppressant medications, individuals without a spleen or who have undergone organ transplant.

* JSC OMC recommended PCP order and/or OMC physician order

Frequency: 1 IM vaccination, repeat x 1 (timeframe variable 5 – 10 years)

Total of two vaccinations in a life time

Pharmacy:

2003 August: Ordered 85 doses + 19 in supply = 104 doses available

Cost: Current \$5.88/vial, each vial give one dose (Cost varied from 2003 – 2004)

JSC OMC Marketing: Homepage-Daily JSC Today + secretary email distribution:

Starting 11 Aug 03, the Occupational Medicine Clinic will offer Pneumococcal Vaccine (PPV) to currently employed civil servants. Pneumococcal disease can lead to serious

infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis).

JSC OMC administers vaccine by appointment or during scheduled examination.

Update: Dosages administrated 41 doses
JSC OMC will continue to offer this service during Health Screen physical exams

Lesson Learned:

- Anticipated more demand than there was. Demand was based on civil servant population of over 3,000. This resulted in waste, 59 doses expired prior to administration.

Total cost:

\$265.50 administered (about 40 doses)+ \$348.10 wasted (Vaccine cost varied from Aug 2003 to Nov 04)

CDC website :Adult Immunization

<http://www.cdc.gov/nip/recs/adultschedule.htm>

AdultPrintable Schedule--Immunization Recommendations

<http://www.cdc.gov/nip/recs/adultschedule.htm#print>

<http://www.immunize.org/catg.d/p2011b.htm>

Pneumococcal polysaccharide (PPV23) <i>Give IM or SC</i>	<ul style="list-style-type: none">• Adults who are 65yrs of age or older.• People 2-64yrs of age who have chronic illness or other risk factors, including chronic cardiac or pulmonary diseases, chronic liver disease, alcoholism, diabetes mellitus, CSF leaks, candidate for or recipient of cochlear implant, as well as people living in special environments or social settings (including Alaska Natives and certain American Indian populations). Those at highest risk of fatal pneumococcal infection are people with anatomic asplenia, functional asplenia, or sickle cell disease; immunocompromised persons including those with HIV infection, leukemia, lymphoma, Hodgkin's disease, multiple myeloma, generalized malignancy, chronic renal failure, or nephrotic syndrome; persons receiving immunosuppressive chemotherapy (including corticosteroids); and those who received an organ or bone marrow transplant. Pregnant women with high-risk conditions should be vaccinated if not done previously.	<ul style="list-style-type: none">• Routinely given as a <u>one-time dose</u>; administer if previous vaccination history is unknown.• <u>One-time revaccination is recommended 5yrs later</u> for people at highest risk of fatal pneumococcal infection or rapid antibody loss (e. g., renal disease) and for people ≥ 65yrs of age if the 1st dose was given prior to age 65 and ≥ 5yrs have elapsed since previous dose.• May give with all other vaccines.	<ul style="list-style-type: none">• Previous anaphylactic reaction to this vaccine or to any of its components.• Moderate or severe acute illness. Note: Pregnancy and breastfeeding are not contraindications to the use of this vaccine.
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Topic: Relevant websites

I like to draw your attention to these websites.

Mae Hafizi

America's Health: State Health Rankings – 2004 Edition

<http://www.unitedhealthfoundation.org/shr2004/index.html>

"This report was created through a collaborative effort between the United Health Foundation, the American Public Health Association and Partnership for Prevention. The group assessed the

overall healthiness of our nation and the opportunities for optimizing the health of individuals, families and the communities in which they live. This represents the 15th comprehensive and comparative state-by-state analysis of health status based on rigorous methodology and unimpeachable data sources.”

**New clinics keep workers healthy on the go
Employers say on-site medical services help lower costs**

<http://www.msnbc.msn.com/id/6338298/>

“Occupational Health Clinics like the one at Freddie Mac are a growing service at many firms, say experts. Employers, including the Treasury Department, Continental Airlines and USA Today, have on-site clinics that are open during the business day and, in some cases, for extended hours. Their staff treats routine problems, like the flu or a bad cut, but can also monitor an injured patient’s recovery after an accident, be on hand for on-the-job accidents or sudden illnesses, and hold workshops on such issues as smoking cessation and weight loss. These clinics do not replace health insurance, they complement it.”

Worksite Nutrition Intervention Program

http://www.cdc.gov/pcd/issues/2004/oct/04_0034.htm

We are working with Dr. Block (main author) to present at the annual conference this June.

“Employees at a corporate worksite were invited to participate in a program, delivered entirely by e-mail, to reduce dietary fat and increase fruit and vegetable intake. Behavior-change principles underlying the intervention included tailoring to the participant’s dietary lifestyle, baseline assessment and feedback about dietary intake, family participation, and goal setting. Assessment, tailoring, and delivery were fully automated. The program was delivered weekly to participants’ e-mail inboxes for 12 weeks. Approximately one third (n = 84) of employees who were offered the 12-week program signed up for it, and satisfaction was high. This inexpensive program is feasible and appears to be effective. A randomized controlled trial is needed.”

2004 ACOEM Labor Day Checklist: Controlling Obesity in the Workplace

<http://www.acoem.org/pdfs/2004LaborDayChecklist.pdf>

“The ACOEM 2004 Checklist on controlling obesity provides several steps employers and employees can take to win the battle against obesity and its associated health concerns and cost. Individual lifestyle choices have to be addressed at home while employers provide a supportive environment that enables healthy lifestyle choices at work. “

This link is available on the frontpage of the ohp website. After 60 days, it can be accessed from the health promotion link under Q3 FY 2004 health promotion site. That quarter produced the comparative diet and weight management pamphlet.

What Dietary Supplements Are You Taking? Brochure

<http://ods.od.nih.gov/pubs/partnersbrochure.asp>

<http://ods.od.nih.gov/pubs/partnersbrochure.asp>

“What Dietary Supplements are You Taking? Does Your Health Care Provider Know? It Matters and Here’s Why” brochure has been posted on the Office of Dietary Supplements Website. The brochure can be printed down in whole as a

PDF. A consumer can also enter data directly into the diary pages and print down for a personal record. The brochure was reviewed by the NIH Nutrition Committee as well as the DHHS review committee.

If you wish a CD and supply of brochures (50, 100, 200) please contact:

Rebecca B. Costello, Ph.D., F.A.C.N.

Deputy Director

Office of Dietary Supplements

National Institutes of Health

6100 Executive Blvd., Room 3B01, MSC 7517

Bethesda, Maryland 20892-7517

Tel: (301) 435-2920

Fax: (301) 480-1845

CostellB@od.nih.gov

Topic: Health Promotion website

Mae Hafizi

HPW has its own website.

Go to <http://ohp.nasa.gov> and click on Health Promotion under Disciplines. All agendas, minutes and presentations can be accessed from this site. You no longer have to worry about archiving these or not being able to open attachments from our office.

Topic: HealthierNASA update

Mae Hafizi

HealthierNASA has its own website. A HealthierNASA schedule was emailed to you earlier. It will be placed on the website. The schedule is a one page grid listing all the campaign components and the intended release date of the material.

Go to <http://ohp.nasa.gov>

Click on the HealthierNASA logo to access a site complete with information related to the campaign. The printed material for this campaign has been and will continue to be mailed to you in advance of the intended distribution date. Please distribute the material on or close to the intended date. Our office is responsible to establish and support agency wide health promotion. That is why we try to have material available on line and hard copy to address a wide variety of needs. Such as if demand is greater than supply, the material can be printed from the website.

On this site <http://ohp.nasa.gov/disciplines/hpromo/2005/camTotalHealth.html> you will find a list of about 12 components associated with the HealthierNASA campaign. The distribution schedule is listed in front of the elements that are time sensitive. We did this to ensure health promotion materials were spread out through the campaign year. If no distribution date is listed, the material is open for release at any time.

Noteworthy elements of the Healthier NASA Campaign and the new website:

1) ViTS: Obesity & New Treatment Options

Mark your calendars for Jan 19, 2005 3p-5p EST

2) The Stress self-assessment questionnaire can be easily accessed directly from the HealthierNASA website. Encourage your employees to take part in this quick and easy interactive tool. Level of stress as well as one's ability to manage it effectively is assessed. Based on the responses, the participant is directed to additional information and resources. <http://ohp.nasa.gov/cope2/eaptest.shtml>

- 3) Healthier NASA Calendar has been distributed. [Please encourage your clients to complete the Evaluation Form.](#) The calendar is also available on the ohp website for printing
- 4) Healthier by Choice recipe cards [are available on the ohp website](#). They will be distributed to the centers in December or January. They have a long version and a short version. The hard copies are the short version with about 20 recipes in each set of cards. This is what we mailed out. The long version has over 50 recipes and is only available on the website.
- 5) 50 Head-to-Toe Health Tips Booklets have been mailed to your Center's OH Clinics for distribution during Q 4, 2005 or June-September 2005.
- 6) MayoClinic's HQ Newsletter has been coming to you since September. [Please mark your calendar to assess your distribution plan by Feb '05.](#)
- 7) Tiny bites total big calories is an educational pamphlet. We are giving it a fun twist by making it [gender specific](#). This pamphlet will be out during the third quarter, March-May 2005.
- 8) HealthierFeds was a real challenge to get off the ground. December 10th marks the last day of the HealthierFeds physical activity challenges. Remember that you can hold your Center drawing at a date of your choosing. Each Center received two gym bags as incentives for the drawing.
- 9) Mayo Clinic Family Health Books have been mailed to your clinics as a waiting room copy.
- 10) Comparative diet and weight management pamphlet has been modified, re-printed and sent to your clinics
- 11) **Annual Influenza Vaccination campaign was a challenge to everyone. The Centers showed good collaborative effort. Very soon you will be receiving an email from either Janine Scoville or myself to either confirm the vaccination data that we have from your center or to update it.**
 - Total number of employees vaccinated
 - Of those employees vaccinated, how many met the CDC criteria for high risk, how many contractors, civil servants, others
- 12) DietFit Pilot is set to begin at HQ in January 2005. We hope to receive updates on the project during our VITS in March.

Topic: Occupational Health Conference

2005 Annual Occupational Health (OH) Conference will be held in Lake Tahoe on **June 27- July 1**, at Harvey's. The theme for this year's meeting is ***Towards a Healthier NASA: Successes and Innovations.***

To reinforce the theme we are inviting the Centers to participate in a **poster session** at the Conference. The posters should focus on a success or innovation at a NASA Center that is within one of the Occupational Health Disciplines. Specific details on content and format will be forthcoming. Registration should be up on the OH website in January 2005

Topic: Future ViTS

Mae Hafizi

Wednesday, 1/19/05	3:00 - 5:00 EST Dr. Boan
Thursday, 3/03/05	1:30 – 3:00 EST
Thursday, 6/02/05	1:30 – 3:00 EST
Thursday, 9/01/05	1:30 – 3:00 EST
Thursday, 12/01/05	12:00 – 1:30 EST

We like to receive feedback and suggestions.

Hope to see you on March 3, 2005.

Have a Happy Holiday season and thank you for your participation.

Vits was adjourned at 13:30 PM.

Respectfully Submitted,

Mae Hafizi 12.14.04